



Baby Blues/"Postpartum Blues"

The body's response to distress that may occur naturally after childbirth



Signs

- Tearfulness
- Irritability
- Exhaustion
- Poor appetite
- Anxiety
- Low self-esteem
- Impatience
- Poor concentration
- Headache
- Confusion
- Difficulty sleeping
- Lack of feeling for your baby
- Lack of self-confidence



What to Know

- The "baby blues" may occur two to three days after delivery and usually disappear within one to two weeks.
- The "baby blues" is the body's response to stress; it is not a mental disorder.
- About 75 percent of postpartum mothers experience some symptoms of the "baby blues."
- Researchers are not sure of the exact cause. Some think the sudden drop in hormones after childbirth and/or social and psychological adjustments that a new mother must make can contribute to this occurrence.

- Other possible risk factors are a history of chronic lack of sleep, a family history of depression, a lack of support and/or isolation.



What to Do

- If possible, make arrangements to have someone assist you with household chores.
- You may want to have someone stay with you and your baby for at least a few hours a day during the first week or two.
- Consider having your partner take some leave from work so that you do not go through the postpartum period alone.
- Call a friend or relative for support.
- Care for yourself by getting adequate rest. Nap when your baby naps.
- Eat regular balanced meals.
- Continue prenatal vitamins while breastfeeding and/or until the postpartum check-up with your health care provider.
- Maintain a healthy relationship with your partner.
- Maintain a good sense of humor.
- Visit and share your feelings with other parents.
- Exercise as soon as the doctor states it is okay.

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- Arrange for childcare so you may get out of the house – even if it is just for a short walk.



When to Call Your Health Care Provider

- If symptoms continue for two weeks.
- If you experience more negative thoughts than positive.
- If you feel unnecessary protectiveness toward your baby.
- If you experience any of the following episodes:
 - Confusion that interferes with daily activities
 - Hallucinations
 - Delusions

